

Food and Facilities Program

401 Fifth Avenue, Suite 1100
Seattle, WA 98104-1818

206-205-8777 Fax 206-296-0189

TTY Relay: 711

www.kingcounty.gov/health

New trans fat elimination rules affect all food establishments in King County

In July, 2007, the King County Board of Health passed a new rule that will require all food establishments in the county to eliminate the use or sale of food products with artificial trans fat by 2009. Any food made with partially hydrogenated oil contains trans fat. Partially hydrogenated oils are found in some shortenings, margarines, and liquid oils. The rule does not apply to products sold in the manufacturer's original, sealed package (such as individually packaged chips, muffins, or cookies). Learn more at <http://www.metrokc.gov/health/healthyeating>. The new rule has two deadlines:

By May 1, 2008:

- You may not use partially hydrogenated oils, including shortenings with partially hydrogenated oil, for frying, sautéing, or grilling, etc., or as a butter-substitute spread.
- You may continue to use some products containing trans fat *if* the Nutrition Facts Panel from the manufacturer states that there is less than 0.5 grams of trans fat per serving. [Federal rules allow manufacturers to label products with less than 0.5 grams of trans fat per serving as “trans fat free” or “zero grams of trans fat.”]
- You may continue to use spreads labeled “margarine” and to fry yeast dough or cake batter in any partially hydrogenated oil until February 1, 2009.

By February 1, 2009: You may not use or sell any product that contains partially hydrogenated oils. This restriction includes all foods, including but not limited to:

- bulk products such as pancake mix.
- pre-made items used in recipes such as graham crackers for crusts.
- pre-made products such as frozen foods that are cooked in the food establishment, or bulk muffins or other products that are sold individually.

An exception will be made if the manufacturer's Nutrition Facts Panel states there is zero or less than 0.5 grams of trans fat per serving.

How to know if your foods contain artificial trans fat:

- First, check the Nutrition Facts Panel. If the panel indicates no trans fat or less than 0.5 grams of trans fat per serving, you may use the product.
- If there is no Nutrition Facts Panel, check the ingredient list to see whether any “partially hydrogenated” ingredients are listed. If the words “partially hydrogenated” appear, ask the manufacturer for a letter indicating the amount of trans fat grams per serving.
- If there is no Nutrition Facts Panel and no ingredient list, obtain a letter from the manufacturer listing the amount of trans fat per serving.
- Only use products with less than 0.5 grams of trans fat per serving. The information must be on the manufacturer's letterhead or other documentation from the manufacturer with company name and address. Keep the letter or other documentation to show a Public Health inspector if asked.

Trans fat alternatives: There are many types of oils, shortenings, margarines, spreads and other products that contain no artificial trans fat. Talk to your distributor now about trans fat-free products, and begin to experiment with non-trans fat products. For ideas on alternatives visit New York City's Trans Fat Help Center: <http://www.citytech.cuny.edu/notransfatnyc/>.

Revised 11/6/07. This document will be updated: Visit www.metrokc.gov/health/healthyeating or call 206-205-8777 for updated information.